

QC

THE UNBEATABLE DIONNE WARNER

**SHE'S FIGHTING CANCER
FOR THE EIGHTH TIME,
BUT HAS NEVER
LEARNED THE MEANING
OF THE WORD QUIT P. 4**

GARDENING:

Attractive and low maintenance. The benefits of mulch **P. 9**

ON THE SCENE:

Regina author Gail Bowen receives Distinguished Canadian Award **P. 12**

SHARP EATS:

How to be a raw-food vegan ... for five days **P. 22**



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IN THE CITY

MAY 31, 2014 — 3:24 P.M.

Military manoeuvres



Sgt. Pistor of the Royal Winnipeg Rifles performs a ceremonial securing of the area during a Royal Winnipeg Rifles change of command parade held May 21 at the Legislative Building in Regina. GC PHOTO BY MICHAEL TELL.

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ON THE COVER P. 4



Dorina Milne with her husband Lyle are smiling while Lyle holds a small object, possibly a book or a small plant, in front of a kitchen counter.

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Regina author Gail Bowen with her husband Ted, was the recipient of the 30th Annual Distinguished Canadian Award presented by the University of Regina Centre of Continuing Education at a gala event held at the Delta Hotel on May 29. © Photo by KIM K. SMITH/CPA

QC COVER PHOTO BY DON HEALY

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ON THE COVER

I am living my life and enjoying it and I'm not in fear of the cancer. —Dionne Warner

CANCER SURVIVOR

Dionne Warner refuses to let cancer win

By Terrence McEachern

Sitting in the waiting room of the Allan Blair Cancer Centre, Dionne Warner is asked a question she has heard many times before:

Are you ready for your treatment?

Dionne, 46, is battling cancer for the eighth time. Since 1995 she has defeated cancer in her breast, brain, lungs, spine, ribs, pelvis and liver. On Aug. 3, 2012, she was diagnosed with liver cancer for the fourth time.

Her chemotherapy appointment on May 1 is the 118th since 2006.

At 2:30 p.m., wearing matching pink shorts, Dionne and her husband Graham are led to the outpatient treatment room where 35 pale blue recliners line the walls. Each recliner has hospital equipment to deliver treatment and monitor a patient's vital signs.

Graham notes that it usually takes Dionne twice as long to reach her destination as the recliner because so many people stop her for a hug, a commendation and an update on her condition.

Dionne sits in a recliner in the far left corner of the room. Besides the pink shirt, she wears a dual-breasted headband with the Superman insignia. Graham sits in a chair beside her.

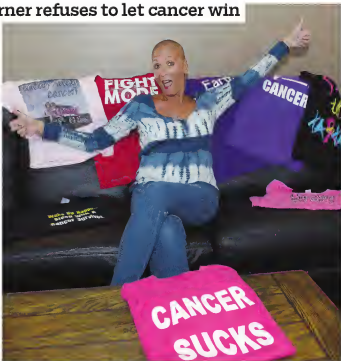
As other patients quietly watch television or speak with family during treatment, Dionne sips from a cup of chicken noodle soup, smiles and laughs at Graham's jokes.

Dionne's first chemotherapy session was in 1995. Then 36 and recently married to her first husband, Dionne was diagnosed with breast cancer in Toronto. She got through the ordeal with the help of one of her sisters. As fate would have it, Dionne knew the man's daughter.

Nevertheless, she admits she was petrified walking into the hospital that first time for treatment.

Today, she has a much different perspective on going to chemotherapy at Regina.

"It is almost like a second home to me because I feel comfortable and I feel safe. I am surrounded by people who care about me. And that makes a big difference — it's not a scary place. You learn to do it."



Dionne Warner with the many T-shirts and a bumper over the years, in battling cancer for the eighth time. GC PHOTO BY WENDY COOPER

I'm surrounded by people who care about me. And that makes a big difference...
It's not a scary place. I'm used to it. — Duonne



Duonne Wilson and her husband Graham are known for their costumes and dancing into the Allen-Biller/Cusack Center. QC PHOTO BY BOB HENRY

Throughout her battles with cancer, Duonne allows herself 30 hours to ask the same question: many of us would ask — "help me?" But after that, the message shifts to "help not me!" and "what am I going to do to beat this?"

When healing Duonne volunteers at the center. Her message to others fighting cancer is that no matter how tough things get, you must keep hope alive.

"It's always to fight back and not give up or give in," she explains. "It's attitude. And you don't hang around with negative people — they will bring you down."

Earlier in the day, Duonne rolled through hundreds of donated pink shirts for her and Graham to wear to chemotherapy. She chooses a pair of matching shirts from Kenzie Lake that read "Supporting the Fighters, Admiring the Survivors, Honoring the Titans. And never ever giving up hope." The Wilsons are also known for wearing outrageous costumes and dancing their way into chemotherapy.

We do some wit and crazy things to make people smile and laugh, even in the toughest of times. That's what it's all about," she says.

Her first diagnosis for liver cancer was in 2005. Surgery removed the tumor and 50 per cent of her liver. As well, her gall bladder was removed.

Graham remembers how difficult it was watching Duonne being led into surgery. He wasn't sure if he was going to see her again.

"Watching her walk off for that first surgery when she looked back, it just ripped my heart out," says Graham in a soft, shaken voice. "She looked so small and so frail. That's a moment I'll never forget. It was absolute fear and loneliness."

Engaged to be married, she told Graham he didn't have to go through with it. But Graham, as well paid, took her hand and said, "You never leave your wife's side. That phrase would later become the title of a book by Dena Brower — *Never Leave Your Wife's Side* — documenting their lives together and Duonne's battles with cancer.

Continued on Page 6

That's where her character really shines. She'll have chemo and no one really knows how she's really feeling — that she's sucked it up to put on a smile and laugh it out and inspire people" — Graham Warner



"Maybe because I am living my life and enjoying it and I'm not in fear of the cancer — that's making a difference in itself," says George Warner with husband Graham at their Regina home. GC PHOTO BY ADAM BOULANGER

In 2002, Diane was diagnosed with liver cancer again. There was enough liver resection since the last surgery to allow her to have surgery. This time, the tumour and 34 per cent of her liver were removed.

But more surgery is not an option because there are too many families. Months earlier, a CT scan revealed that her chemotherapy radiation wasn't working and the tumours in her liver had grown.

After several hundred treatments over the years, Diane has become resistant to many chemotherapy medications.

She was prescribed something new and stronger — Rebinin next time.

"It's one or the other. The chemo is either going to shrink all the tumours or it beats me. No, you on the other end. I'm going to beat it," she explains.

The day before her chemotherapy appointment, Diane and Graham went to her doctor for an update on the tumours. To say the least, they were skeptical. In fact, the Warners had a wager — not about how much the tumours had shrunk but rather how much they had grown.

It was a wager Diane and Graham were happy to lose.

Her tumours had in fact shrunk — by an astonishing 50 per cent.

They were shocked to hear the news, because Diane hadn't been keeping a rigorous treatment schedule. In some instances, she wasn't able to undergo treatment because her blood count was too low. But she has also been travelling a lot, and makes no apologies for doing so.

"That's my choice. I'm going to live my life with no regrets," says Diane. "Maybe that's it. Maybe because I am living my life and enjoy

ing it and I'm not in fear of the cancer — that's making a difference in itself."

The positive news about her tumours shrinking had already spread throughout the centre prior to that Wednesday's appointment.

"They know I'm coming in and they know it's a big celebration. They've been all over my phone talking when are you coming in today?" she says.

Diane also called her father, Rupert, in Kamloops. When he heard the news about the test results, he started crying.

"He was over the moon. He said he probably wouldn't sleep tonight," says Diane.

At 5:30 p.m., a nurse straps a cuff to her right leg to take her vitals such as blood pressure and pulse.

Her happy demeanour changes when the husband of another patient approaches. He hugs and thanks her for being an inspiration to his wife. Graham explains the man's wife has about a week to live.

After a few somber moments, Diane's mood brightens once again when a centre worker talks by and shares "Supergirl's" story.

It's always to fight back and never give up or give in. It's attitude. And you don't hang around with negative people — they will bring you down. — Duane

Duane is given anti-nausea medication at 8 p.m. The drug is delivered through a surgically implanted port on her left chest that runs an internal line past above her heart. It is too painful for her to receive intravenous treatment through veins in her arms because scar tissue has built up over years from past chemotherapy sessions.

The only other option is to insert a line between Duane's toes.

At 8:30 p.m., the chemotherapy medication arrives. The nurse asks Duane for her date of birth to verify that she is the proper recipient. The plastic IV bag has the name of the medication and a lagoon face drawn by the pharmacist.

"That's how they send their love for me too — through happy faces," laughs Duane. "Too cute!"

Graham examines the IV bag and asks the young nurse, "What's the street value of that?" Her nervous laugh prompts Graham to add, "I'm just kidding with you."

Graham and Duane married in 2005, although they met much earlier — in 1981 at a three-day training conference in Toronto. Graham was a flightlineer leader and Duane worked for a music factory. Both were already married, but while sitting on a lunch break off the job with Duane, Graham had the feeling he married the wrong person.

For Graham it was love at first sight.

"She was breathtaking. She looked like Whitney Houston pre-rock," he says with a laugh.

Also laughing, Duane says there is a nice compliment in that remark — somewhere.

When their marriages ended, they found each other again years later. Graham flew to Toronto for their first date — dinner at a restaurant and then a symphony performance at Roy Thomson Hall.

"I looked over her at one point and tears were streaming down her face because the music was so beautiful."

When the time was right, Graham devised an elaborate scheme to propose marriage. Two weeks prior to her November 2006 flight from Toronto to Regina, Graham went to Air Canada and presented an employee with two unmarked brown envelopes — one for the captain and one for the flight attendants.



GARDENING

GARDENING IN SASKATCHEWAN

The benefits of mulching your borders

By Sara Williams

A mulched border conserves water and protects your plants and soil. It also reduces maintenance and the need for fertilizers and pesticides.

Let's begin with a definition: mulch is a layer of organic material, 10 cm deep, spread over the soil surface between your plants. Various types of mulch, like peat pellets, coir, sphagnum peat moss, shredded bark, decorative bark, chipper debris, evergreen needles and cones, fine straw and shavings, and moved leaves are available.

Mulching enables nature to take of the business of decomposing leaves that cover a forest floor or the build-up of duff in a forest (groundleaf) and is an excellent way to recycle materials once destined for landfill or burning.

Here's a list of mulching's benefits:

WATER CONSERVATION

Mulching suppresses weeds that compete with your border plants for water. More importantly, it cools the soil and reduces evaporation. Mulch also reduces wind evaporation. The slightly increased height of a mulched border and the rougher texture acts as a wind trap. The extra cover insulates the plants in winter and provides added moisture when it melts in the spring.

SOIL IMPROVEMENT AND CONSERVATION

Mulch protects valuable topsoil from erosion. Mulching also prevents crusting and crusting improves water penetration. As mulch decays over time, it releases nutrients and adds organic matter to the soil. The result is better aeration and improved water and nutrient-holding capacity of your soil. And the mulch layer acts as a rainbar, preventing soil compaction.



Along with a host of other benefits, a mulch border is a low maintenance and has a unified appearance. PHOTO COURTESY SARA WILLIAMS

WEED CONTROL

While compete with flowers and shrubs for light, space, water and water. By excluding light, the mulch layer prevents germination of the many weed seeds waiting in the soil below it. It also acts as a physical barrier preventing the emergence of weed seeds that do germinate. Weed seeds that blow onto the mulched surface find it difficult to root through the mulch.

REDUCES WATER SPLASH

Mulch absorbs water and almost entirely eliminates water and soil splash. This keeps flowers and bark bark as shrubs rot, along with house siding, china. That means no rotting, by reducing soil splash, mulch reduces soil borne fungal and bacterial diseases that can be transferred from the soil to the flowers, foliage and drub from irrigation and rain.



Plus, straw can slow rot and absorb water and are perfect to use as mulch. It also is a good use of a waste product. PHOTO COURTESY SARA WILLIAMS

ENCOURAGES LADYBUGS

Once a mulch layer has been in place for a year or two, gardeners will be amazed by the number of lady-

bugs that find a home within and under the mulch layer. Capable of eating 20 aphids per day, they are truly a gardener's friend.

DISCOURAGES SLUGS

Mulch's coarse texture, especially peat pellets, reduces slug populations by trapping and dehydrating their tender bodies.

TEMPERATURE MODIFICATION

Mulch insulates the soil below moderating temperature extremes. By cooling the soil surface during the hot days of summer, mulch encourages healthy root growth and prevents root injury caused by excessively high soil temperatures. In spring and fall, it reduces the freeze-thaw cycles of heavy soils which can cause heaving and root injury to young plants. Mulch keeps the soil cooler in early

spring, preventing the premature emergence of spring buds which might be nipped by frost.

DESIGN FUNCTION

Mulch adds subtle colour and texture to the landscape. It unifies planting beds, especially when the plants are young, small and sparsely widely spaced within the bed. Mulch lets the world know that indeed, this is a bed and should be walked around rather than through.

Sara Williams is the author of the revised and updated *Creating the Prairie Landscape* and with Doug Skinner, *Gardening Naturally: a classical free handbook for the prairie*.

This column is provided courtesy of the Saskatchewan Perennial Society (www.saskperennial.ca, hortons@perennial.ca).

SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email QC@leaderpost.com

SASKATCHEWAN'S BEST SPACES

Prolific printing prompts primo pad

By Sean Tremblath

WHO? Steve Thomson, owner of HandPressed Print Studio

WHAT? HandPressed a new studio after three years in a smaller space at the Two Twenty building in Saskatoon. Thomson needed more room. Location for him Two Twenty was expanding, making him move a short one.

Thomson took some time to tell us about the new digs, his business and why he likes the building he works in.

Q: How did you end up at Two Twenty?

A: I was working out of my house originally. I met the owner of the building through making a few decals for them. I was working out of Monmouth and it just kind of made sense to move into the city. I didn't know it could afford my own building, so the concept of sharing the space with a bunch of other businesses and collaborating appealed to me.

The first year we were here I saw a dramatic influx of orders coming in from the building kind of paid for itself in advertising.

Q: How many shirts do you print in a day?

A: It depends on the time of year. During tourist season in the fall it's a lot of bands, right now it's a lot of summer camps, little camps church groups — anyone doing an activity or festival in the summer. I think we did about four or five hundred yesterday and we're on track to do about 250 today. Usually about 100 to 200 a day at least.

Q: What kind of ink do you use?

A: We have a couple types. This is called plastisol. It's a plastic/rubber. It never dries out without being heat cured, but once it's on your shirt if it is cured properly it shouldn't wear

come off.

We have another ink that's water based and a soy based one as well. All the inks we use are as environmentally friendly as you can get in the industry.

Even when we clean the screens we put them into a tank of a soy based product, rather than an acid or a harsh chemical.

Q: You started selling your own merchandise with a focus on Saskatchewan and Inuita. Where did that come from?

A: I got back from Christmas holidays and just decided to design some stuff. I decided to focus on locally sourced things, and wanted to kind of keep it positive. Cool, simple designs for (Saskatchewan). Not your typical wheat sheaf.

We started doing that, and it took off when we started our online store.

Q: What prompted the move to a new space?

A: We just needed more space. We were in the spot next door with about 600 square feet, and we quickly bought another press and bought some more equipment. We're also looking at buying an automatic press.

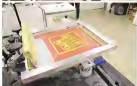
Q: Does being around the other creative people at the business help your creative process?

A: Yeah, it's great. You kind of feed off each other in the morning, or in line for coffee. It gives you a different outlook than I would have if I was just in the north end by myself.

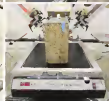
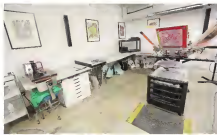
Q: Do you see yourself staying in the building indefinitely?

A: It's so hard to say. I have to be here as long as possible, but I've never heard asked me three years ago when I moved into the old studio. I thought the same about that space. I thought there was more than enough room.

**QC PHOTOS
BY MICHELLE BERG**



SPACES





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ON THE SCENE

30TH ANNUAL DISTINGUISHED CANADIAN AWARD

Gal Bowen has gone from writing about it to becoming the central character.

The Regina author won the recipient of the 30th Annual Distinguished Canadian Award. It was presented by the University of Regina Centre of Continuing Education at a gala event held at the Delta hotel on May 29.

Bowen's mystery novels have been entertaining and intriguing readers for decades. Her novels feature Joanne Kilbourn, a well-loved mother, political analyst and university professor who occasionally finds herself involved in criminal investigations in various parts of Saskatchewan. Many of her mysteries have been adapted as Canadian television movies.

Bowen is a retired English professor serving as an associate professor of English at First Nations University of Canada before retiring from teaching.

"The Distinguished Canadian Award was established by the Seniors' University Group in 1983 to recognize individuals who have made outstanding contributions to Canadian life. The award is intended to raise public awareness of the dynamic role that people aged 55 and over play in society," according to the University of Regina website.

QC PHOTOS

BY BRYAN SCHLOSSER



ON THE SCENE



1. Recipient Gill Bowen and her husband Ted



6. (From left) Jean Frazar, Lorne Wright, Elaine Jossicu and Jack Ho



2. Eliza May with Cindy and Jerry Olson



7. Iain and Mary Millard



8. Chair Janet Campbell and dinner co-ordinator Lorne Melvin



9. (From left) Sask Tel Planners Carol Lewis, Jacqui Perry, Genevieve Lefebvre, Kyle Fraser, Marilyn Lozano, Brenda Glasgow, Mary Wilkinn and Jan Petr



10. Ian Scott and Jan McDonald

4. World Champion Hoos Dancer Wayne Lefebvre leading the guests into the dinner

5. Marston Marney and Lucy Zabala

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#PAT TRASK

The Man Behind Handsome

My name is Pat Trask. I have recently published a book of my memoirs, titled *The Man Behind Handsome*.

This book is the story of my growing up years on a small farm in Saskatchewan, living in a house with my mother, five sisters and my handsome father who was a bully and was physically and mentally abusive. He was a vicious man who kept my mother and her six children fearful under his constant threat of what our childhood years were like and how dark side as one else ever got to see his dark side.

To our relatives, neighbours and friends, he was a handsome, happy friendly man. To us, his family he was a man we feared beyond anyone's



The Trask Family

belief. We never knew when his temper would explode without reason, and any of us who were in his presence at the time dared not attempt to leave the room, or his vengeance would be aimed at you.

This man had huge hands with a deep blood stained birthmark. His favourite action when he was raging wildly at us was to grab each girl's

hand or those huge hands and bang them together as hard as he could, leaving us staggering and trying hard not to cry.

This story is about growing up in Saskatchewan and what was hidden behind the doors in many homes. No one was allowed to tell anything outside of the home. It is a story about the children and the wives (or housewives) who suffered the abuse, with members to turn for help. It is a story that I have been told, from people who have read my book (that they highly recommend everyone should read it) to understand that it is all right to talk about (abuse). In fact it is necessary to talk about it, that is part of the healing. My plea for those who have been abused in any space those babies and realists at heart (don't think) just means you need to allow them to read the rest.

The Man Behind Handsome is available at McNally Robinson in Saskatoon.



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LEADER-POST

EVENTS

COMEDY

The Laugh Shop
Live standup every Saturday
Night, 9:30 p.m.
Harris Hotel, 1415 Victoria
Ave.

Highly Inbred Improv
June 5, 7 p.m.
Creative City Centre
843 Hamilton St.

PERFORMANCE

2 Shaves & Hands
June 5-10
Globe Theatre

How to Give Feedback
Workshop for poets and
performers
Every Thursday, 7-9 p.m.
Creative City Centre, 843
Hamilton St.

UpStage at the Centre
Dramatic Reading of Popcorn
Sticker Curbs Performance
June 7
Creative City Centre
843 Hamilton St.

Sing It! Dance It! Express
It! "We're All Mad Here in
Wonderland"
Saskatchewan Express
June 7, 6:30 p.m.
Cameaux Arts Centre
200 Lakeland Dr.

The Vertigo Series
Featuring readings by Dore
Menzies, Linda Glascoff,
and Holbrow-Smith and
P.J. Wernick, music by Jeffrey
Stuker
June 8, 7:30 p.m.
Cove, 1825 Victoria Ave.

**Unraptured: The Sounds of
Musix**
June 10, 10 p.m.
Applause Theatre, Theatre,
lower level, 1615 Broad St.

DANCING

Reina Dance Party
Every Sunday

Municipal, 3226 Dewdney Ave.

**Operation Sings - Lessons
and dance**
June 10, 6:45-10 p.m.
The Eagles Club Hall, Older St.

MUSEUMS

Alan Young School Museum
1600 Fourth Ave.
Tours by appointment only
(306-523-3980).

Civic Museum of Regina
1370 Broad St.
Tuesday-Friday 10 a.m.-4 p.m.
Saturday 10a-4 p.m. Closed
Sunday and Monday

**Government House Museum
& Heritage Property**
4507 Dewdney Ave.
9 a.m. to 4 p.m., closed Mon-
days.

RCMP Heritage Centre
3907 Dewdney Ave.
Open 11 a.m.-5 p.m. daily.

Regina Firefighters Museum
1205 Ross Ave.
Tours by appointment (306-
777-7714).

Regina Saskatchewan Museum
244-5 Albert St.
Open 9:30 a.m.-5 p.m. daily

**Saskatchewan Military
Museum**

1600 Colborne St.
Open Monday and Thursday,
7-9 p.m., or by appointment
(306-367-4048)

**Saskatchewan Science
Centre**
2823 Powerhouse Dr.
Tuesday-Friday 9 a.m.-5 p.m.
Saturday-Sunday and holi-
days, noon-6 p.m.
Closed Mondays

**Saskatchewan Sports Hall
of Fame**
2225 Victoria Ave.
Monday-Friday 10 a.m.-4:30
p.m. Saturday noon-5 p.m.
Closed Sunday



Moose: A Festival of Cultures offers 20 partners, including Fox Skins, to tell their story in their exhibit.

OTHER HAPPENINGS

Regina Farmers' Market
Wednesday and Saturday, 9
a.m.-1 p.m.
City Square Plaza, downtown

**RCMP Sergeant Major's
Parade**

Wednesdays, 10:15 a.m.
RCMP Desert Division, 5800
11th Ave.

Provincial Heritage Fair
June 3-4, Saskatchewan Sci-
ence Centre

**The Art of Nature Photoz-
necity**
Participants must bring their

own camera.
June 4, 6:30-8:30 p.m.
RFL Sunrise Ranch, 3300 E.
Woodburn Dr.

Regina Red Sox vs. Moose Jaw
June 4, 7 p.m. Currie Field

**Monthly ALES brewers' club
meeting**
Topic: Beer and cheese pal-

ings. New members welcome.
June 4, 8 p.m.
Saskatoon basement club
room, 2206 Dewdney Ave.

The Road and the Mandala
Artist Connie Chapman will
lead you through the spiritual
and technical processes of
creating a mandala, which is a
long-standing cross-cultural
form.
June 5, 6:30-8:30 p.m.
RFL, Regent Place South, 331
Albert St.

Music & Festival of Cultures
June 8, 5:15-10 p.m.
June 9, 5 p.m.-midnight
June 7, 2 p.m.-midnight
Various spots around Regina
Visit reginaculture.ca for more info.

Regina Red Sox vs. Weyburn
June 8, 7 p.m. Currie Field

Francis Club
Practice and improve your
spoken French
June 7, 10-11:30 a.m.
U of R Institut Français Wo-
rland, second floor Language
Institute Building.

Victorian Live
Hosted by the Government
House Historical Society.
June 7-8, strings at 1 and 2
p.m. Reserve a seat at 306-
787-0483.
Government House, 4507
Dewdney Ave.

Regina Red Sox vs. Weyburn
June 7, 7 p.m. Currie Field

Women's Football
Regina Blues vs. Saskatoon
Vulvies
June 7, 7:30 p.m.
Mosaic Stadium

Drinks & Dress Up
June 8, 5 p.m. and 10 p.m.
O'Hanlon's, 1847 Scarth St.

Tides of Regina
June 13, 1:30-3 p.m.
University of Regina, Kiddell
Centre

EVENTS

Coming Out Party

Come share your "coming out" story in a fun and creative way. All ages and identities welcome.

7 p.m., Southern TBA

Thursday, June 10

All Fun and Games

Join in games like capture the flag, petriello sack races, three-legged races, giant Jenga, on target (y's the calling but with friends), orienteering or bring your own game. Let's Sherman Park, Princess Street and 15th Avenue

Q!Up

Local Qs perform. Q nightclub and lounge 3070 Broad St.

FILM

ide
Drama

As 18-year-old Anna (Agata Trzebuchowska) prepares to take her vows, the Mother Superior insists she first visit her sole living relative. Naïve, innocent Anna visits mother Aunt Wanda (Agata Kulesza), a worldly and cynical Communist Party insider who shocks her with the declaration that her real name is Lida and her Jewish parents were murdered during the Nazi occupation. This revelation triggers a heart-wrenching journey to the countryside, to the family house and into the secrets of the repressed past, evoking the haunting legacy of the Holocaust and the real-life of postwar Communism in Poland with English subtitles

The Last Sentence
Biography/Drama
A story based on the life of journalist Tony Soprano,

who alerted the Swedish public to the threat of Fascism in the 1930s. With Sweden caught between Nazi Germany and Stalin's Russia, the country's ethics show a policy of neutrality and compliance, with Sweden to speak up against the evil around them. Among those who did, nobody was as loud and as uncompromising as Segeström, in Swedish with English subtitles

Hoppe Public Library Theatre
2311 12th Ave., 306-177-6164

Flight of the Butterflies
Documentary
Join hundreds of millions of butterflies on an amazing journey to a remote habitat in the mountains of Mexico

Kemp: Animal Kingdom
Documentary
Discover Kemp's Famous

Tours in their natural habitat including the Big Five — lions, African elephants, Cape buffalo, leopards and black rhinos — and giraffes, hippos and cheetahs. Meet two Swedish young Maasai and follow them on their ritual safari

Island of Lemmings: Madagascar
Documentary
Join scientist Patricia Wright on her lifelong mission to help endangered lemings survive in the modern world. Narrated by Morgan Freeman

Kramer Inkas
2003 Powerhouse Dr.
306-523-4635

NEW MOVIES

Wall/Up
Comedy/Horror
It's not unusual for a alcoholic cop Lou Garou to black out

and wake up in unfamiliar surroundings, but lately things have taken a turn for the strange...and hairy. Created by Reginald Whittier. Linnell Dean and filmed right here in Regina

The Edge of Tomorrow
Action

A soldier fighting in a war with aliens finds himself caught in a time loop of his last day in the battle. Starring Tom Cruise, Emily Blunt and Bill Paxton

The Peak in Our Stars

Drama
Hazel (Shailene Woodley), who has Stage 4 thyroid cancer, meets Gus (Ansel Elgort) at a cancer support group. Although the teens are attracted to each other, Hazel is reluctant at first, not wanting to leave Gus' path, because she knows she will eventu-

ally die and he is in no way older than the young adult novel by John Green

Obvious Child

Comedy
A woman (Lemmy Slade) gets dumped, fired and pregnant just in time for the worst — and best — Valentine's Day of her life

Galaxy Cinema
420 McCord Blvd. N.
306-533-9088

Cineplex Odeon
Southland Mall Cinema
3025 Gordon Rd., 306-585-3383

Rainbow Cinema
Golden Mile Shopping Centre
3606 Albert St., 306-359-5250

Event listings are a service provided by the QC. Listings will be printed unless noted



Next week in QC

QC

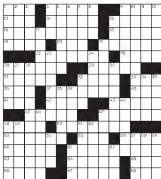
During her four-decade career, Donna Smith has worked to further LGBT rights in Saskatchewan

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Linally famous
- 4 (Ger. rat)
- 6 Pulls (past)
- 10 Date pending, for short
- 14 Sells back in town
- 15 Aimes of "La Balsa Viva"
- 16 Sacks Bregl on "The Supremacy"
- 18 Cane for short
- 19 Part of a car alarm signal
- 20 Puncture decision
- 21 Alike
- 22 Lined Rivers
- 23 School and at a Vermont inn
- 24 Use a wall kept learn
- 25 Means mutin
- 26 Use Captain Mark's horse
- 31 Little of "Shawnee"
- 32 "Pave of the Hall" (unpublished) (author)
- 33 Rubber duck's spot
- 34 Patches of "Lame"
- 37 Saw battle in technology, or a hint to four crossings in this puzzle
- 40 (1) movie booster
- 41 Leads for whenever
- 42 "Real" service
- 43 (unavailable for a date?)
- 44 Going (author)
- 45 Use (author) (author)
- 46 Antipope
- 47 Clock in a puns
- 48 (author) (author)
- 49 (author) (author)
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JANRIC CLASSIC SUDOKU

Level Gold

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest)



Solution to the crossword puzzle and the Sudoku on the November Page 21

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OUTSIDE THE LINES

Colouring contest

Each week artist Stephanie Makay creates a family illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to gc@leaderpost.com. One winner will be chosen each week.

Please send **high-resolution pictures** and include the child's name and contact information.



Last week's GC colouring contest winner was **Cohen Landge**. Congratulations! Thanks to all for your colourful submissions. Try again this week!



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ASK ELLIE

You're either with the partner you've got, or not

Q. I have a great relationship with my boyfriend of two years. It was rocky for a few months but we both made some changes and are very happy together.

I've been spending time with a friend whom I've known for six years and she's developing a crush on me. I think about him all the time. He makes me smile, laugh and I have a strong sexual attraction to him.

We can talk about deeper topics but he also wants to live life to the fullest, just as I do (my boyfriend is much more cautious).

I love my boyfriend, but I can't stop thinking about this guy! I'm approaching some big life changes getting my first house. My boyfriend seems quick to settle down, which only makes me desire this other man more.

My boyfriend is my first serious relationship, but I'm not his first (he's older), and I've worried that we may be at different stages, whereas this may be a going through much



Ask Ellie

the same life phases as me.

Putting It Out of Love A. Get honest with yourself. You can't be having a "great relationship" and also be thinking of switch ing partners.

We're clearly worried about "let ting" too soon, and blaming your boyfriend for this possibility.

Have you told him you're hesi tant about this big step of leaving a house, or that you need more of a sense of living life to the fullest? Or, are you letting this other guy con vince you that you're missing some excitement?

It's not necessary to be at the ex act same stage in life with a partner,

if you can compromise and balance each other in some of your choices.

But it is necessary to focus on each other at a time. You're either with your boyfriend, emotionally or you're not.

Q. My son was killed in a car acci dent 18 months ago, at 39 I was a single mom and he was the light of my life.

I married a man I met four years ago. He has a daughter 4, with whom I'm close.

His attitude that she doesn't re spond to me and says things to me that have been very hard. She would say that I'm too sensitive and need thicker skin — and I would say that she's mean and immature.

On Mother's Day — a very difficult day for me — she chose to post a pic ture of herself as a young child with her mom and dad on my personal Facebook page and wish me a Happy Mother's Day.

I was hurt, but I deleted the post. She told her father she was do-

ing something thoughtful.

Need Help on This One A. I'm sorry for your loss and yes, you are certainly sensitive, espe cially on occasions such as Mother's Day. It is hard for anyone not close to you and caring to say something that was truly something not thought of.

Perhaps she intended a nice sur prise that you're part of her family too. Perhaps not. When you don't get re spected to begin with, things get interpreted negatively.

Loosing your son is a blow that will resurface at other seasons too, which you already must know. Accept that most people don't know how to handle others' grief, espe cially so close to you.

Hold onto your memories, be civil, and try to be respectful of her, as your husband's daughter, and hope fully the relationship will improve.

But, unless she does something purposefully mean that involve your husband, she's responsible for her own actions.

Crossword/Sudoku answers



6	8	3	5	9	7	1	4	2
7	9	2	6	4	1	5	8	3
4	5	1	8	2	3	6	7	9
9	1	5	3	6	4	8	2	7
8	2	7	9	1	5	4	3	6
3	6	4	2	7	8	9	1	5
1	3	8	7	5	9	2	6	4
5	4	6	1	3	2	7	9	8
2	7	9	4	8	6	3	5	1

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SHARPEATS

See a food trend you think deserves a highlight? Email qc@leaderpost.com or visit us on Facebook

SASKATCHEWAN FOOD TRENDS

How to be a raw food vegan for five days

By Jenn Sharp

Vegan raw food

These are three words unlikely to ever escape my lips in a positive manner.

I grew up eating (and loving) meat. While I've learned to be vegetarian food, I would never wholly forgo meat.

On a recent trip to Vancouver I had dinner at Gord's Food, an organic, raw, vegan restaurant that's been around for over a decade.

I had the lasagna. Zucchini substituted the noodles, a creamy and nuttary tiled in for cottage cheese, hemp and leafy greens was the meat source and a vibrant "cheese" graced the top. It sounds strange but it was delicious. My curiosity was piqued. Maybe this was double in real life.

I started researching. My main question was how do you get enough protein and amino acids through vegan raw food? The answer can get complex and it's very difficult to get everything your body needs through food alone.

For most though, it's entirely possible to get all the protein you need through raw vegetables. Apparently most of us eat way more protein than we need anyway.

Proponents of raw food claim it has enzymes that aid digestion, soothe cells and get rid of toxins. Those enzymes are broken down when food is cooked (although there is debate on this topic).

I signed up for a five-day detox with a company making the rounds on Facebook — detoxes and cleanses (especially juice ones) are all the rage these days.

I followed the instructions almost perfectly — I even soaked my nails and spreaded my ingrown (ingrown? ingrown?) toenails. My toenails were available and helped digestion (enzymes grow). By the way soaked nails puff up and taste great.

A huge final smoothie with coconut milk or overnight oats with honey (which makes unfortunately



Finally chef/owner Kathleen's first attempt at a raw vegan dinner turned out fantastic. It was in what eating up (lasts like I want to do it every day). You can buy raw food cheese at a local raw food store. QC PHOTO BY JENN SHARP

was any breakfast).

For lunch, I made a big bowl of beans and chickpeas salad with lots of veggies for the week. For a dressing, I used Renee Robinson's, a StarPhoenix food columnist, for advice. She suggested chopped cilantro, vinegar, olive oil, capers, honey and lime juice — awesome.

Preparing for a raw vegan detox salad. The exact *Beetroot* juice comes here showing the ingredients to enhance overnight.

SHARPEATS



Breakfast is undoubtedly the easiest meal of the day to be a new vegetarian. This smoothie bowl is topped with antioxidant-rich berries, soaked almonds and goji berries.



Overnight oats are simple to prepare and make a satisfying breakfast. Just soak a half-cup of oats in milk and mix, then dot with fresh berries, unsweetened honey (or Stevia if you're a strict vegan) in the morning.

Breaker was a bit trickier. The prebiotic recipes didn't appeal to me so I made up my own. The first day wasn't too bad... until that night when I sat friends for drinks (I had tea - no alcohol as tolerated on the detox plan). I got really hungry wanting them to eat damn things so I ordered Manicotti soup - not exactly raw but I didn't care.

On Day 3 I had up-ome restaurants in London town to not have any of it to eat raw when you eat out. It's not. At all. Unless you order salad all the time.

Thankfully, Mash Bakery and Tap has a few raw items day the kitchen and Leyla's had a delicious raw veggie key lime pie. If eating raw tastes this good, I'm in!

Day 3 and 4 passed successfully except for when I had to visit a deli for a vitamin. The weekend we took a photo of food four types of meat and cheese nestled on crusty homemade bread. I had a bite, but actually it was amazing.

ing. I showed it very slowly and really tasted the flavors. And it was honest. I enjoyed those two bites more than if I would have ordered during the whole thing.

On Day 5, the extreme bloating I'd been suffering (I looked like I was pregnant all week) finally subsided. The goal to the extreme joy of my co-workers - who let up some recommended removing my caffeine by "Shrug Thank." I guess I took my body that long to cope with all these changes.

That night, a few of us were at a pub. After five days of saying "no," I finally said "yes." We ordered a party platter and I dug into the meat while heartily I didn't quite make the five days but I didn't care. I probably will never adopt raw food regimes but I can now appreciate its benefits. And my co-workers appreciate that I'm off the beam.

Jackery@thevegandiet.com

Twitter.com/thevegandiet

Raw Lentil and Kale Curry



Raw food can be heated slightly and held in water to digest when it's slightly uncooked. Topped with avocado and spinach. This raw lentil curry is a great way to eat a curry powder. This dish makes a filling dinner. *go north or JAW BAW*

While it's not inherently "raw," if you keep the temperatures low and don't overcook it, you'll be fine. Some really heated foods are perfectly acceptable as a raw diet (don't go above 115°F or 45°C). Adjust the spice levels to your taste. I like a lot of spice but you may not.

- > ½ cup soaked green lentils
- > ¼ cup cashews, soaked

INGREDIENTS

- > 1 cup organic lentils
- > 2 to 3 cups kale (use leaves only - not stems)
- > 1 cup plus 2 tbsp coconut oil
- > 1 tbsp turmeric
- > 1 tbsp ground mellow curry powder
- > 1 tsp cumin
- > Sea salt and pepper to taste
- > Juice of one lime

METHOD

1. Put 1 cup coconut oil in a frying pan or skillet on low heat. Once melted, stir in spices, salt, pepper and lemon juice.
2. Mix in the lentils and continue stirring until coated in spice mixture. Stir in the kale stalks and remove from heat. Keep it warm.
3. In same pan, melt 1 tbsp coconut oil and add kale. Stir to coat leaves with the oil and add a dash of sea salt if you like. Once leaves will slightly (don't wait until they're floppy or getting crispy) remove from heat.
4. Arrange kale on a plate with sliced avocado alongside. Pour lentil curry on top and dig in.

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